

Your Guide for Surgery

Allina Health Surgery Center - Vadnais Heights



Allina Health

Date: _____

Arrival time: _____ a.m. / p.m.

Surgery time: _____ a.m. / p.m.

Surgeon: _____

Surgeon's clinic office phone number: _____

Surgery center phone number: 651-760-7020

Visit allinahealth.org/VHsurgery to find billing and payment information and to learn more about Allina Health Surgery Center - Vadnais Heights.

Important

- Your arrival or surgery time could change due to schedule changes. If a schedule change is needed, you will be contacted as soon as possible.
- Please call your surgeon's clinic office and the surgery center right away if you cannot make your scheduled surgery appointment.

Getting to the Surgery Center

Directions



The Allina Health Surgery Center - Vadnais Heights is located at 1155 County Rd E East, Suite 200, Vadnais Heights, MN 55110.

Visit allinahealth.org/VHsurgery to view the map and directions online.

Your Surgery

This information will help you get ready for your surgery at Allina Health Surgery Center - Vadnais Heights. If you have any questions, please call your surgeon's clinic office.

Preparing for Your Surgery

- ❑ **Make an appointment** with your primary care provider or surgeon for your health history and physical exam (pre-surgery physical).
 - This exam needs to be done 10 to 30 days before your surgery. (Your surgery may be delayed or rescheduled if this exam is not done.)
 - You may be asked to bring your health history and physical exam results with you to the surgery center on your day of surgery. Your primary care provider or surgeon can also fax these results (including lab work and imaging) to 1-855-823-1461.
- ❑ **Ask your primary care provider** about your medicines.
 - Ask how to take your medicines the morning of your surgery
 - Find out if you should stop taking any prescription medicines or over-the-counter medicines (including herbals, vitamins and supplements) before surgery.
 - **Important:** If you have diabetes or take blood thinners such as warfarin (Jantoven[®]), ask your primary care provider about taking your medicine before surgery.
- ❑ **Call your insurance provider** to ask:
 - what your plan covers
 - how much your plan will pay
 - how much you need to pay (out-of-pocket).

❑ Find a responsible adult (18 years or older) to:

- drive you to the surgery center
- be with you at the surgery center when you are ready to leave (discharge)
- listen to and understand your instructions for care at home
- drive you home
- stay with you for 24 hours after surgery.

Important: Your surgery will be canceled if you do not have someone to drive you home and stay with you.

❑ Tell your surgeon’s clinic office if you or a member of your care circle (family members, friends or others close to you) would like to have a medical interpreter available at the surgery center.

- An interpreter is available at no cost.
- Your care circle cannot be your interpreter.

❑ Find a trusted family member, friend or adult (18 years or older) to care for any young children for at least the first 24 hours after your surgery.

Caring for Your Child During Surgery

Surgery can be a stressful time for children and parents. Your child's health care team will work with you to make this a positive experience for both you and your child.

- Please call 651-760-7020 if you would like to make an appointment to take a tour of the surgery center before your child's surgery.
- Please bring:
 - comfort items such as a favorite toy, blanket, pacifier or book
 - an empty bottle or cup of choice for after your child's surgery.

Important

- Parent(s) or guardian(s) may stay with your child until it is time for their surgery.
- At least one parent or guardian must be present in the surgery center at all times during your child's surgery.
- When your child's surgery is done, the surgeon will meet with you to talk about the procedure.
- Every effort will be made to include you in your child's recovery as soon as possible.
 - The timing will be affected by the length of the surgery and how quickly your child is recovering.
 - In most cases, you will be able to see your child soon after they are awake.

Before Your Surgery

- You will receive a text message 1 to 3 days before your surgery with the time you need to arrive at the surgery center and instructions on how to complete the pre-registration questionnaire.

You will be asked to come to the surgery center at least 1 to 2 hours before your scheduled surgery. This will give the health care team enough time to prepare you for surgery.

Please call 651-760-7020, between 7 a.m. and 4 p.m., if you:

- have not received any text messages within 24 hours of your scheduled surgery
 - are not able to complete the pre-registration questionnaire
 - have any questions about your surgery.
- Tell your surgeon right away if you:
 - have any changes in your health (sore throat, cough, cold, fever, vomiting, diarrhea, dental problem, urinating problem) or skin condition (rash, abrasions, etc.)
 - are pregnant or think you may be pregnant.

Food and Liquid Restrictions Before Your Surgery

Follow the instructions you were given by the surgery center on when to stop eating, drinking and chewing gum before your surgery.

For 24 hours before your scheduled arrival time, **do not:**

- drink any alcohol
- smoke, vape, use chewing tobacco or use any other tobacco products.

What to Bring to the Surgery Center

Bring the following to the surgery center:

- a current list of your medicines and when you took your last dose (include prescription medicines, over-the-counter medicines, herbals, vitamins and supplements)
- paperwork (such as your health history and physical exam results, completed billing forms)
 - If you are involved in a workers' compensation case, you will need to provide the name of the workers' compensation insurance company, insurance claim number and date of injury.
- a copy of your health care directive (if you have one)
- your insurance card, Medicare card (if you have one) and pharmacy card
- a photo ID
- money for any copays
- glasses (if you wear them) and a storage container (Please do not wear contact lenses.)
- hearing aids (if you wear them) and a storage container
- inhaler (if you use one)
- crutches or walker (if needed).

What Not to Bring to the Surgery Center

Please **do not** bring any of the following:

- valuables or large amounts of money
- jewelry (such as rings, a watch or body piercings)
- medicines (bring medicine list only, not the containers)

Allina Health is not responsible for lost items.

The Night Before Your Surgery

- ❑ Take a bath or shower and put on clean clothes or sleepwear. Follow any instructions given to you by your surgeon on how to cleanse your skin before surgery.
- ❑ Do not shave the surgery site.
- ❑ Put clean sheets on your bed. Make sure pets stay off of your bed to keep it clean.

The Day of Your Surgery

- ❑ You may take your usual medicines the morning of your surgery unless your primary care provider or surgeon gives you other instructions. Take these medicines with a small sip of water.
- ❑ Take another bath or shower and put on clean clothes. Follow any instructions given to you by your surgeon on how to cleanse your skin before surgery.
 - Wear loose-fitting, comfortable clothing.
 - Do not use any hair products.
 - Do not wear make-up, fingernail polish, lotion, deodorant, perfume, cologne or aftershave.
- ❑ Remove all jewelry (including rings) and body piercings before arriving at the surgery center.

When You Arrive to the Surgery Center

- Arrive at the surgery center at your scheduled arrival time. Please arrive on time. If you are late, your surgery may be delayed or rescheduled. Allow extra time for walking, bad weather and traffic.
- When you arrive at the surgery center, please check in at the registration desk. You will be directed to the pre-surgery care area.
- As your health care team prepares you for surgery, your care circle may stay at the surgery center and wait in the lobby. Free wireless internet service and coffee are available.

After Your Surgery

- After surgery, you will be taken to the recovery room. Your nurse will monitor your vital signs and help you if you have any side effects from the anesthesia.
- You may have some discomfort and pain when you wake up. Everyone reacts to pain differently. Your nurse will work with you to make you as comfortable as possible.
- When you are fully awake and your medical status is stable, you will be able to leave the surgery center. Your length of time in the recovery area depends on the type of surgery you had, the type of anesthesia, and your overall health.
- Instructions on how to care for yourself at home will be given to you and your care circle member(s) before you leave the surgery center.
 - Your care circle member(s) will need to be available to review these instructions before you can go home.
 - For your safety, you will need a responsible adult (18 years or older) to drive you home and to stay with you for 24 hours.

- It is normal to have some side effects after your surgery such as sleepiness, dizziness, muscle aches, sore throat, headache and mild nausea. These side effects should get better within 12 to 24 hours after your surgery.
- Anesthesia will affect your ability to think clearly and make good decisions. For 24 hours:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol.

At Home

- You will be tired and your body will need to rest. Follow the instructions you were given on how to care for yourself at home.
- You will receive a follow-up call from a nurse on the next business day to see how you are recovering.
- Please call your surgeon's clinic office if you have any questions or concerns about your recovery.



Allina Health

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